

ROLE OF AYURVEDIC MEDICINES AND LEECH THERAPY IN MANAGEMENT OF BUEGER'S DISEASES – A CASE REPORT

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SUMMARY:

A 40 years male patient with the complaints of pain and discolouration at little finger of right foot since 2 years. Patient also suffers with mild pain at second fingers of same foot. Patient belongs to lower-middle socioeconomic status and has history of smoking since many years. The essential investigation done and was diagnosed as a case of peripheral vascular disease (Buerger's disease). Patient was advised and done for Leech therapy and Ayurvedic formulations till the patient cured with minimum invasion and complete ambulation. So Leech therapy may be a best option for treatment of Buerger's disease instead of surgical conventional therapy.

Key Words: Buerger's disease, Ayurveda, Leech Therapy.

INTRODUCTION:

The purpose of Ayurveda is to prevent the health of healthy individual & treat the patient.^[1] Basically the Ayurveda is the complete science of life, which has various drugs and techniques for treatment of mankind. Raktamokshan (bloodletting) is one of the biggest innovations in the field of Ayurveda, which also includes the Leech therapy (Jalaukavacharana)^{[2][3][4]} in the form of ashstrakrita raktamokshana. Leech therapy is the best treatment ever described for vrana, skin diseases, cellulitis etc. But the role of leech therapy in peripheral vascular diseases like Buerger's diseases, ischemia and Reynolds diseases are also remarkable and equally effective. Buerger's diseases are TOA (thromboangitis obliterans) is characterised by occlusive diseases of small and medium sized arteries, thrombophlebitis of the superficial or deep veins and Raynaud's syndrome. Often only one or two of the three manifestations are presents. Histologically there are inflammatory changes in the wall of arteries and veins leading to thrombosis.^[5] It occurs exclusively in male smokers usually age group of 20-40 years.^[6] Pain in Buerger's disease results from phlebitis and ischemic neuritis, gradually rest pain may so intense to disturb the sleep.^[7]

CASE REPORT: A 40 years old male patient attended the OPD of Shalya Tantra at Chaudhary Brahm Prakash Ayurveda Charak Sansthan (CBPACS), Khera Dabar, New Delhi on 11/04/2014. He has complaints of pain and discolouration at little finger of right foot site since 2 years. The pain is moderately in nature, non radiating and need pain killer for this. The skin looks bluish & blackish in colour, thinner in consistency. The little finger is swelled, slightly warm, little atrophy of skin and tender. There is no any ulceration, discharge, foul smelling, and coldness brittle nails present at little finger. After pressure it came in its normal shape immediately, no pitting oedema. Patient has history of taking medicine from various nearby allopathic centres and taking pain killer regularly for the relief of pain, but despite of the entire problem not cured. Patient got relief after taking pain

killer for few hours. The patient has lower-middle class socioeconomic status with history of chronic smoking (more than 10 cigarettes per day from > 2 years). There is no history of diabetes mellitus, tuberculosis, hypertension, immune-compromised, previous operation of same. As soon as the patient visited to shalya OPD number 16, he was carefully examined and advised the part to be colour Doppler to rule out any other diseases. The USG Doppler bilateral lower limb suggestive of right side peripheral vascular disease. General routine investigation Complete blood count, erythrocyte sedimentation rate, fasting blood sugar, blood urea, serum creatinine, clotting time, bleeding time was done and was within normal limit, HIV, HBsAg non reactive. Each and everything was explained to patient and his attendants regarding the condition of fingers, about the disease and treatment by Ayurvedic drugs and Leech therapy. Finally patient opted and consented for Leech therapy and conservative treatment. The usual Leech application methodology adopted for this case.^[8] Under aseptic precaution the Leech application done on dated 17 April (1st sitting), 24 April (2nd sitting), 01 May (3rd sitting), 8th May (4th sitting), 15th May (Leeches not attached due to unknown reason), 22nd May (5th sitting), 29th May (6th sitting), 05th June (7th sitting) of total 7 sitting at weakly interval. At one time approximate 15-20 minutes one Leech are attached and then either self removed or removed deliberately. During the

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day of procedure patient admitted in day care to observe any post therapy complication like bleeding etc. After completing 7 sitting the patient got relief and symptom free. With the Leech therapy patient also advised few Ayurvedic medicines to take regularly (as patient also have minute problem of upper abdominal pain, body itching) Cap. Granthika 2 BD, Kaishore guggulu 2 BD, Mahasankh vati 2 BD, Syp shodhak pravahi 2 TSF BD, ksherabala oil for local application. These drugs mostly supplied by pharmacy of hospital. The patient was instructed to stop smoking, avoid sour things, prevent it from trauma etc. Finally disease got completely healed in 8 weeks, patient was keenly observed for next two months and he remained fully asymptomatic during this period. During treatment period patient suffers with mild itching and discomfort at anal canal(anal fissure) due to passing of hard stool, for which sitz bath with sphaatika powder after defecation twice a day, Jaatyadi oil 10 ml per rectal at bed time & haritaki powder 3 gm at night with a little warm water, patient got relief.



Fig. 1: Before treatment



Fig. 2: During procedure



Fig. 3: After treatment



Fig. 4: Four month later

RESULT AND CONCLUSION:

After completion of therapy patient was in supervision upto two months without intervention follow up and it was observed that the patient is symptomless and cured. So it can be says a regimen of quit smoking, avoid excess standing, prevent from trauma, avoid sour things, prescribe blood purifier-anti-inflammatory Ayurvedic medicines and Leech therapy can effective in management of early stage of Buerger's disease and other peripheral vascular diseases. This case report is self observation and result based, it still need scientific research in large sample size to evaluate the theme.

DISCUSSION:^{[9],[10]}

Leech therapy is the better alternative in the treatment of Buerger's disease. This therapy not only cures the disease with minimum chances of recurrences and complications but

also keeps the patient ambulatory during the treatment and is cost effective. So Leech therapy and Ayurvedic drugs may considered as a satisfactory parasurgical approach to treat it instead of going for troublesome surgery. Leeches sucks the blood where they applied and reduce the local pressure, so reduce pain and swelling. The saliva of Leech also contains various agents like anticoagulants, anti-inflammatory, thrombolytic, anaesthetic, vasodilators etc which effects positively in disease site. Bdelins & eglins are the anti-inflammatory agent who subside local inflammatory process, hirudin & calin is the anticoagulant agent that effectively inhibit coagulation, destabilase dissolves fibrin and have thrombolytic effects. So Leech application is beneficial in this case in compare to oral Ayurvedic medicines.

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